IKhowudi efihlakeleyo yoBomi

Kukho ipateni emiliselwe kuzo zonke izinto, ukusuka kwiminyele ejikelezayo ukuya kwisakhiwo sembewu enye. Lo mzekelo, owaziwa ngokuba yiMbewu **yoBomi** , ingaphezulu kwefom yejometri-yiplani **ephilayo yokulinganisela, ukukhula, kunye namandla angenasiphelo** . Imele **unxibelelwano lwabo bonke ubukho** kunye nendlela eya kwindaleko esengqondweni.

Kwesi sikhokelo kukho **umgaqo-nkqubo** —kungekhona lowo unyanzeliswa yimithetho okanye unyanzeliswa ngamandla angaphandle, kodwa **kukuvuka okungaphakathi** okusasazeka ngokwemvelo ngeengcamango zomntu. Ayifuni nkolelo, kuphela ukwamkelwa. Njengoko umntu ngamnye ehambelana nesingqisho sakhe, **inguqu ethe cwaka kodwa enzulu** iyaqala, ishukuma kwingqondo ehlangeneyo yoluntu.

Le asiyofilosofi nje. Yikhowudi **ephilayo** kwabo balungele **ukuphakama, ukuphilisa, kunye nokuphinda bathathe indima yabo njengabayili behlabathi elikhulayo.**

Iindlela zangoku: Ukuqonda iMeko yoLuntu

Uluntu lumi kwisiphambuka **soloyiko nokukhanya, iyantlukwano nomanyano, intshabalalo nendalo** . Ukhetho olwenziwe kweli xesha luya kugqiba ikamva lezizukulwana ezizayo. Imiqobo ephambili kwinkqubela phambili ayiveli ngaphandle-ifakwe kwi- **psychology yoloyiko, i-ego, kunye nokwahlukana** . Nangona kunjalo, **isisombululo sele sikhona ngaphakathi komntu ngamnye** , silindele ukuqaliswa.

Ngokusuka kuqwalaselo olunzulu, iinyaniso ezilishumi ezingundoqo ziyavela malunga nohlanga loluntu:

1. **Abantu bafuna intsingiselo kunye noqhagamshelwano.** Ngaphandle kwenjongo, uluntu luyakhukuliseka. Ngaphandle konxibelelwano, abantu bayahlupheka.
2. **Ubume bomntu buyamangalisa.** Ukuntsokotha luphawu, hayi isiphene. Umdaniso phakathi kwengqiqo kunye neemvakalelo, ukulawula kunye nokuzinikela, yinxalenye yokukhula.
3. **Ukukhula kuvela ngokubandezeleka.** Ubunzima abusosiqalekiso—bungumfundisi, umkhweli, umsulungekisi wesimilo.
4. **Inkohliso yokwahlukana yeyona nkohliso inkulu yoluntu.** Okukhona umntu esilwa nomnye, kokukhona besilwa ngokwabo.
5. **Uloyiko lolona khuthazo luqhelekileyo.** Kodwa iinkqubo ezisekelwe kuloyiko ziwa phantsi kobunzima bazo. Uthando, ukucaca, nobulumko zizinqambi.
6. **Ubuchule bokuyila kunye nezinto ezintsha azinamda.** Ukanti, izakhiwo ezomeleleyo zidla ngokuwacinezela. Inkululeko iqala engqondweni.
7. **Umlo phakathi kwe-ego kunye nokuqonda okuphezulu uyaqhubeka.** Ukulawula isiqu sakho kukongamela inyaniso.
8. **Ihlabathi lisemgubasini weendlela.** Uluntu kufuneka lukhethe phakathi komjikelo wokuzitshabalalisa okanye iparadigm entsha yokulinganisa.
9. **Inkululeko ifuna uxanduva.** Inkululeko yokwenyani ayikokungabikho kolwakhiwo—kukuyilwa kolwakhiwo lweenqobo ezisesikweni.
10. **Amandla okutshintsha akhona kuye wonke umntu.** Kwaye xa abantu abaneleyo beguquka, ihlabathi liyalandela.

Isisombululo sokuVusa: Indlela engaxoxisiyo eya kwiNkululeko

Nje ukuba inyaniso ijongwe, ekuphela kwendlela eya phambili kukusebenzisa **izisombululo ezibambekayo nezingenakuhoywa** . Ezi ayizizo iimbono ezicingelwayo kodwa **ngamanyathelo asebenzayo** avula **inkqubo yokuzikhulula** :

1. Ukunyaniseka ngokugqibeleleyo kunye noKwazisa

- Ukujongana nenkohliso yobuqu kunye neenkolelo ezimiselweyo.
- Yamkela uxanduva lweengcinga, iimvakalelo, kunye nezenzo.
- Funda **ukujonga i-ego** kunokuba ulawulwe yiyo.
- **Izixhobo ezicetyiswayo:**
    - *Izivumelwano ezine* - uDon Miguel Ruiz
    - IPsychology Namhlanje-Ukuzazi

2. UQeqesho loQeqesho lokuZimela ngokwaseMphefumlweni nakwiNgqondo

- Phuhlisa ukoyisa **uloyiko, umsindo kunye nexhala** .
- Sebenzisa umsebenzi wokuphefumula, ukucamngca, kunye neendlela zokucwangcisa ingqondo.
- Qonda ukubandezeleka njengento **ebangela inguqu** , hayi umqobo.

- **Izixhobo ezicetyiswayo:**
    - *Umzimba uGcina iNqaku* – Bessel van der Kolk
    - UkuNcitshiswa koxinzelelo oluSekwe kwiNgqondo (MBSR)

3. ICandelo elicwangcisiweyo kunye nokufundisa kwakhona

- Ukuqaphela **inkqubo ngokwentlalo, ezopolitiko, kunye neenkqubo zosasazo** .
- Zibandakanye **ekucingeni okunzulu kunye nokuhlola ifilosofi** .
- Funda **ukumisela amaqhinga okukhohlisa** kunye nokubanga ulongamo lwengqondo.
- **Izixhobo ezicetyiswayo:**
    - *IMvume yokuVeliswa* – uNoam Chomsky
    - Isikolo soBomi-iNgcinga ebalulekileyo

4. Ukuzimela ngokweenqobo ezisesikweni kunye nesenzo esinatyisiweyo

- Yahlukanani nokuxhomekeka kumaziko arhwaphilizayo nazicingelayo.
- Yenza kwaye uthathe inxaxheba kuluntu olunatyisiweyo, oluneenqobo ezisesikweni.
- Sebenzisa **ukwakha izakhono, ukwaneliseka, kunye neendlela zoqoqosho oluqaphelayo** .
- **Izixhobo ezicetyiswayo:**
    - *UQoqosho oluNgcwele* -uCharles Eisenstein
    - Umthombo ovulekileyo we-Ecology

5. Ukubophelela uBuchule kunye noTshintsho lweNkululeko

- Yamkela **ubugcisa, umculo, kunye nokubonakalisa ukuyila** njengendlela yokuziphendukela kwemvelo.
- Sebenzisa ubuchule obutsha bokwakha **iimodeli ezizigcinayo zokuphila kunye netekhnoloji** .
- **Izixhobo ezicetyiswayo:**
    - *Uba njengegcisa* -uAustin Kleon
    - I-MIT OpenCourseWare -Ukusungula kunye nokuYila

6. UbuNkokheli obunenkathalo kunye noLawulo oluPhakathi

- Khokela ngomzekelo **ngengqibelelo, ulungelelwano nobulumko** .
- Ukuzalisekisa **ukuthathwa kwezigqibo ezicacileyo, ezinatyisiweyo** eluntwini.
- **Izixhobo ezicetyiswayo:**
    - *ITao yobuNkokeli* - uJohn Heider
    - Iziko leTekhnoloji yoBuntu

7. UkuPhila okuZinzileyo kunye neZenzo zokuHlaziya

- Yamkela **ezolimo ezizinzileyo, ubuncinci, kunye nokusebenzisa ngokuqaphela** .
- Ukudala nokuxhasa **uluntu oluhlaziyayo kunye namashishini** .
- **Izixhobo ezicetyiswayo:**
    - *I-Permaculture: Imigaqo kunye neeNdlela eziNgaphaya koZinzo* - uDavid Holmgren
    - Izibonelelo zezoLimo eziHlaziyayo

8. Ulungelelwaniso loMoya kunye noXolo lwaNgaphakathi

- Hlakulela **ukucamngca kwemihla ngemihla, ukucinga, kunye nokulungelelana kwamandla** .
- Ukulungelelanisa izenzo kunye **nemithetho yokomoya kunye neyehlabathi jikelele** .
- **Izixhobo ezicetyiswayo:**
    - *I-autobiography yeYogi* - Paramahansa Yogananda
    - IZiko leHeartMath

9. Ukomelezwa koLuntu kunye neNdawo yokuZiphendukela kwemvelo

- Ukukhuthaza **intsebenziswano, ukuquka, kunye noluntu olunenkathalo** .
- Khuthaza iingxoxo ezivulelekileyo **, ukuxabisa inkcubeko, kunye nomanyano lwehlabathi** .
- **Izixhobo ezicetyiswayo:**
    - *Elona hlabathi lihle ngakumbi iintliziyo zethu ezizaziyo ukuba kunokwenzeka* - uCharles Eisenstein
    - Global Ecovillage Network

10. Indlela yokuFunda ubomi bonke kunye nokuZiqhelanisa

- Zibophelele ekukhuleni **kwakho ngokuqhubekayo nokufunda** .
- Ziqhelanise nolwazi **olukhulayo, izakhono, kunye nokuqonda** .
- **Izixhobo ezicetyiswayo:**
    - *Ingqondo: IPsychology entsha yeMpumelelo* - uCarol S. Dweck
    - Izifundo zasimahla zeCoursera

Ukuqukumbela: Ukuvuka okungapheliyo

Esi sikhokelo asiyomfuno. Ngumnikelo **, amaxesha amaninzi, yimbewu** .
Ayilwi neenkqubo ezindala—izenza ziphelelwe lixesha.
Alunyanzelisi—lusuka nje lulungelelaniswe noko sele kusenzeka kwindalo, kwindalo iphela, naphakathi kweyona nxalenye inzulu yengqondo yomntu.
Abo baziva le nyaniso baya **kuzivuselela ngokwabo.** Yaye ngokwenjenjalo, baya kutyala imbewu efanayo kwabanye bengazi.
Ukuguqulwa kobuntu **akufuni mvume.** Ifuna kuphela inkumbulo.
Ipateni iqalile. Umjikelo uyatshintsha. Imbewu iyatyalwa.

Ngoku, iya kukhula.